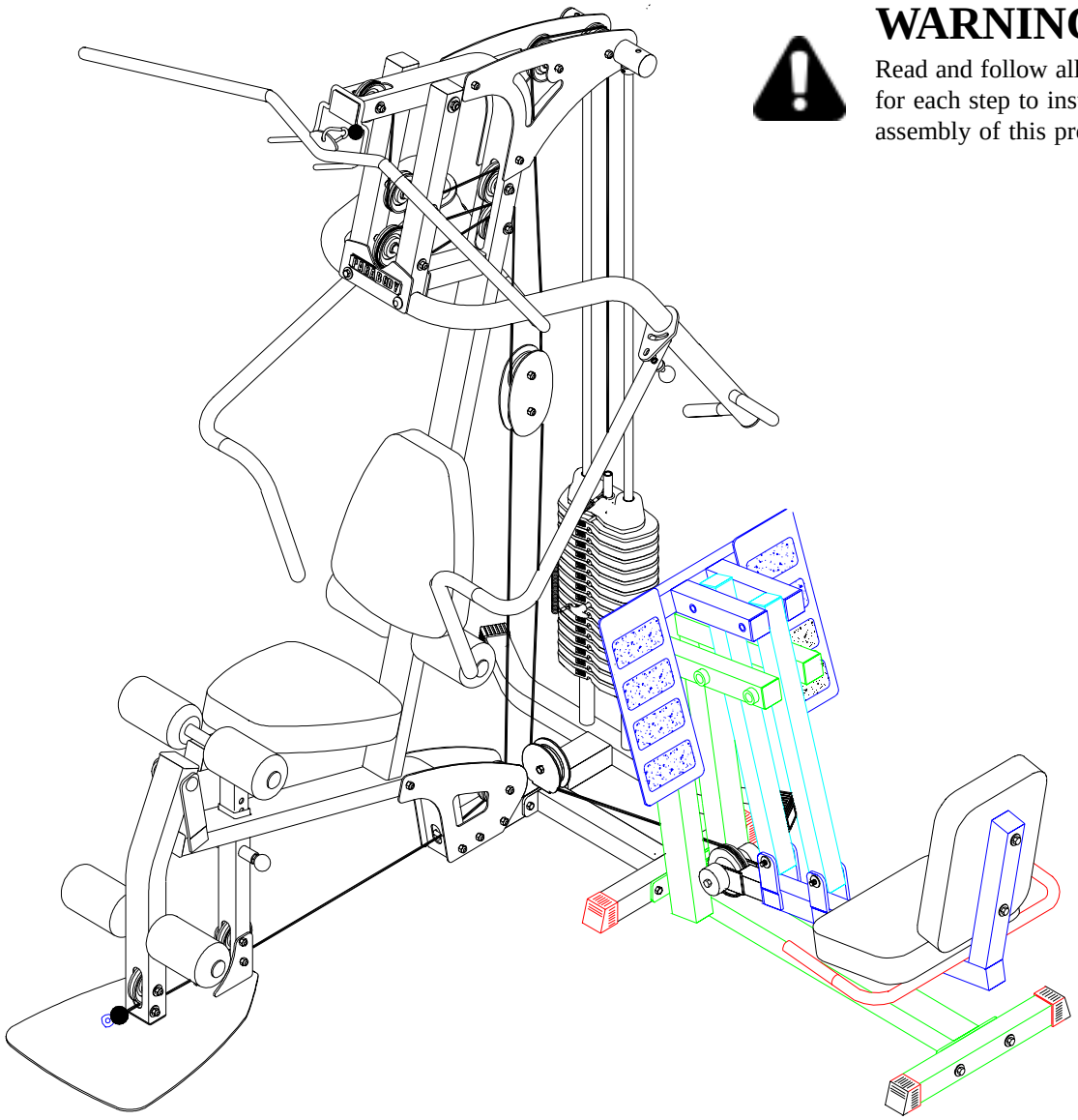
# 221 LEG PRESS ADAPTER KIT FOR 220 GYM SYSTEM



**WARNING:**

Read and follow all directions for each step to insure proper assembly of this product.

# USER'S GUIDE

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# IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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**NOTE:** In a continual effort to improve our products, specifications are subject to change


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www.parabody.com

# IMPORTANT NOTES

**Please note:**

* Thank you for purchasing the ParaBody 221 Leg Press Adapter Kit. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

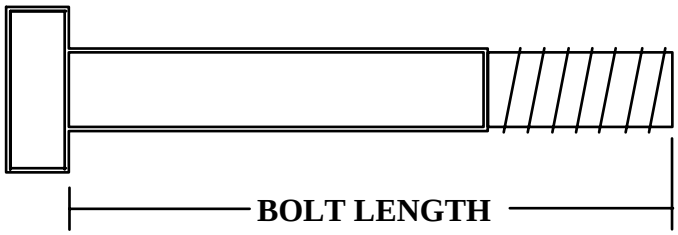
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

## Tools Required for Assembly

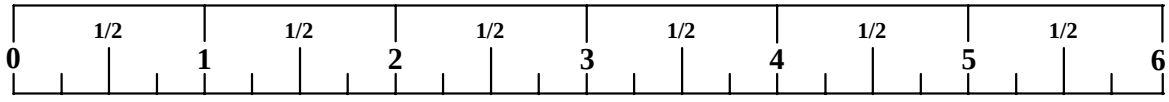
* 9/16” wrench
* Ratchet with 9/16” sockets
* Adjustable wrench
* Tape measure

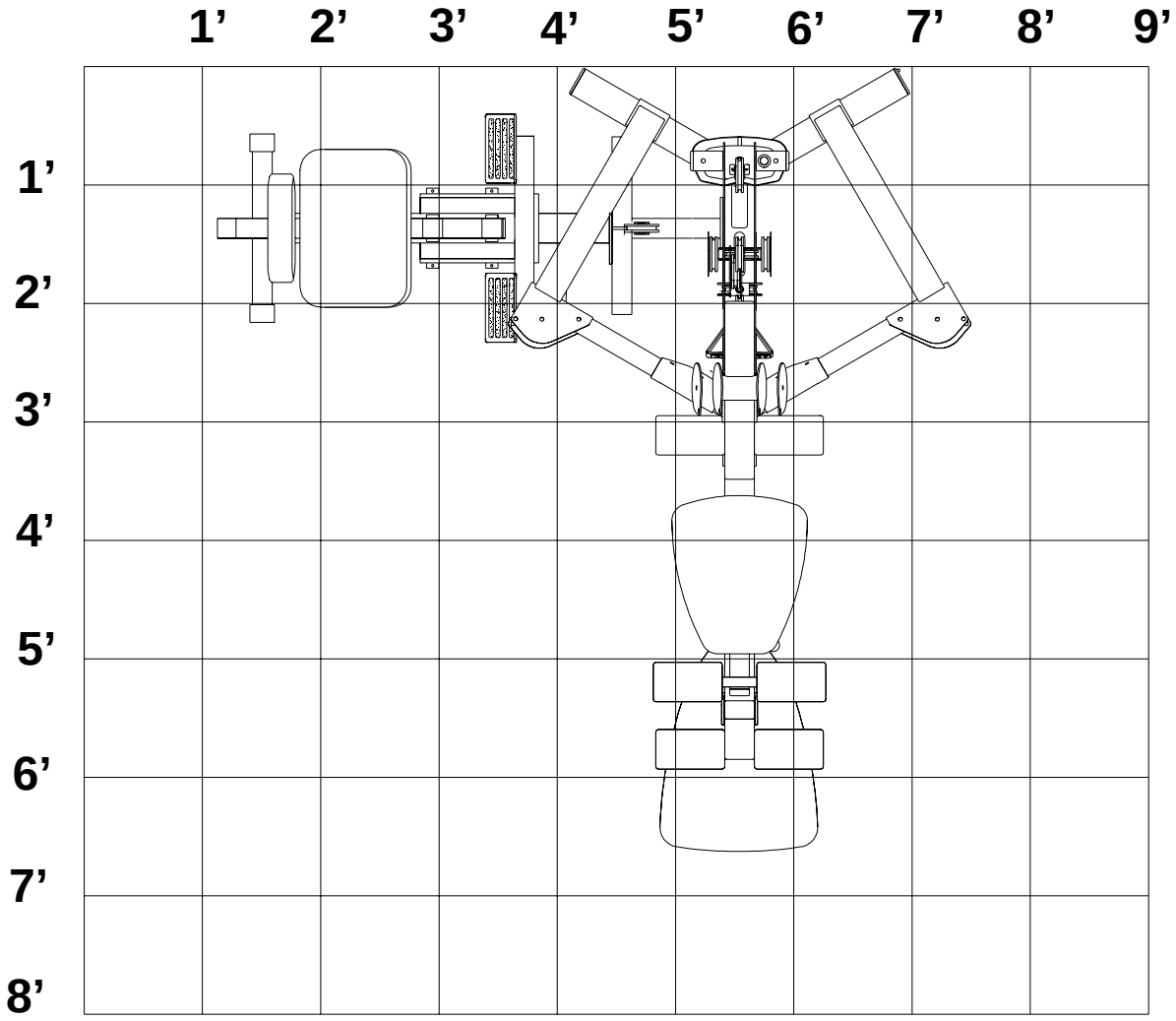
## Bolt Length Ruler

**NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.**




**BOLT LENGTH RULER:**






1 Square = 1’ X 1’

Minimum Required Usable Space

Length = 82 inches (208.5 cm) 6’ 10”
Width = 71 inches (180.5 cm) 5’11”
Height = 83 inches (211 cm) 6’ 11”

Dimensions Including Leg Press (optional)

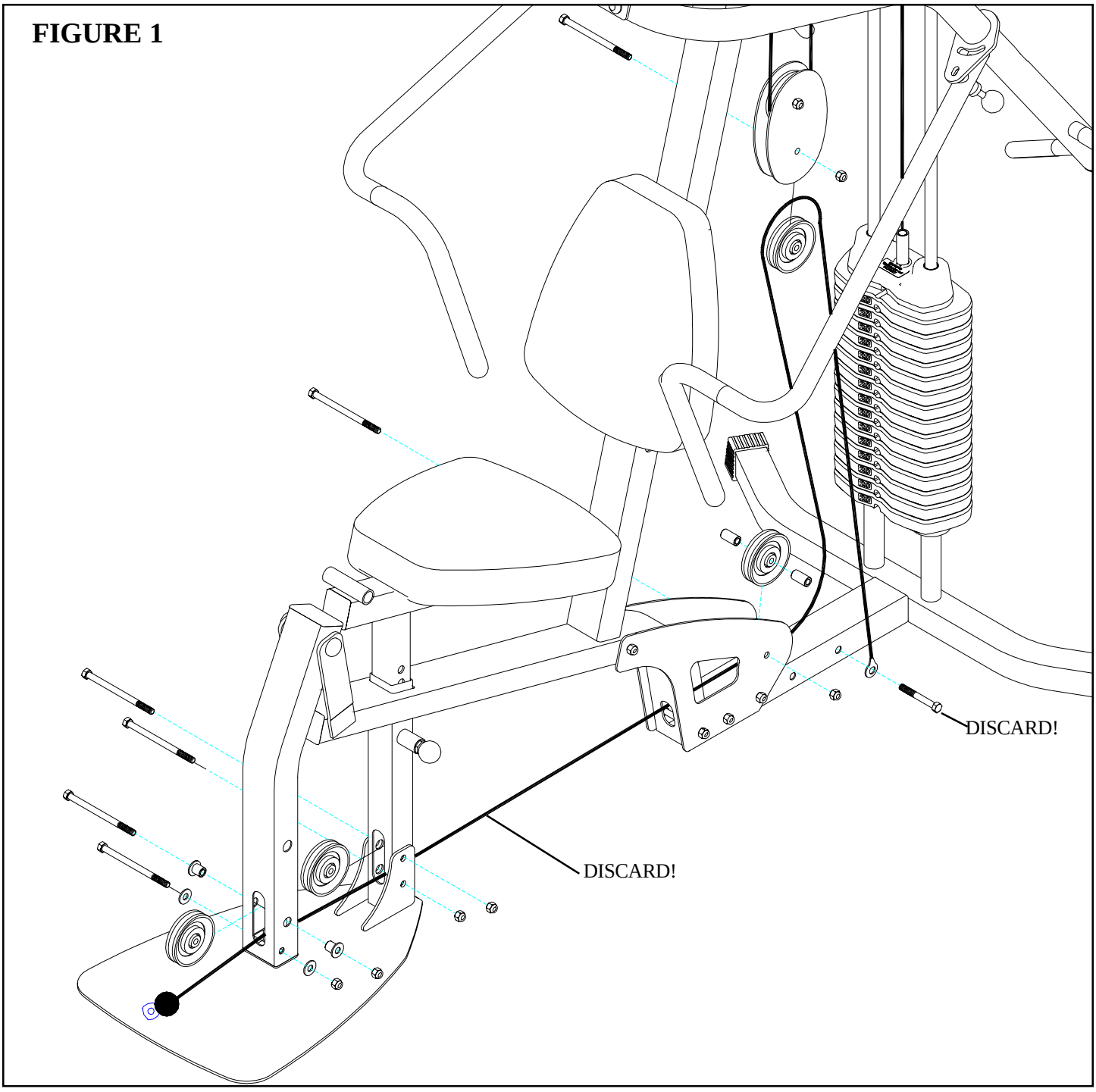
Length = 82 inches (208.5 cm) 6’ 10”
Width = 108 inches (180.5 cm) 9’ 0”

# PARTS LIST

| KEY | PART # | DESCRIPTION | QTY | | KEY | PART # | DESCRIPTION | QTY |
|---|---|---|---|---|---|---|---|---|
| 1 | 70309 | FRONT LEG | 1 | | 6 | 3102501 | 3/8” WASHER | 7 |
| 2 | 7014202 | LEG CABLE | 1 | | 7 | 3102802 | 3/8” LOCKNUT | 4 |
| 3 | 3116201 | 3-1/2” PULLEY | 1 | | 8 | 3102924 | 3/8 X 1-3/4” BOLT | 1 |
| 4 | 6467001 | 2” COVER CAP | 2 | | 9 | 3102904 | 3/8 X 3” BOLT | 2 |
| 5 | 3108102 | QUICK DISCONNECT LINK | 1 | | 10 | 3102906 | 3/8 X 4” BOLT | 2 |

**NOTE: The LEG PRESS ATTACHMENT (100) must be assembled before connecting it to the PARABODY 220 GYM SYSTEM and can be attached to either side of the 220 GYM SYSTEM**

**FIGURE 1**




**STEP 1:**

- Remove the LEG CABLE by removing the bolts shown in FIGURE 1. Discard the old LEG CABLE and the bolt holding the CABLE to the base.

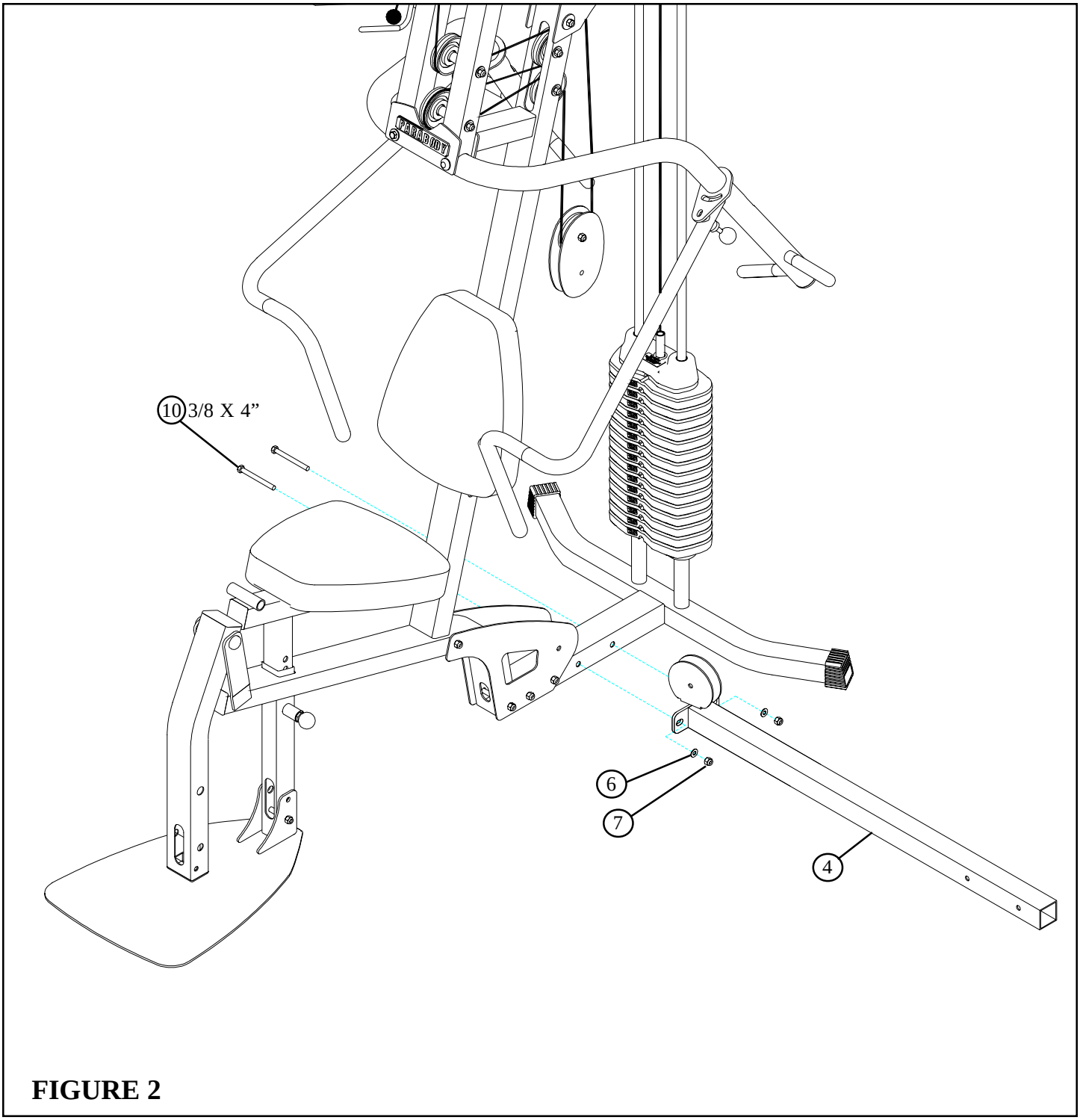
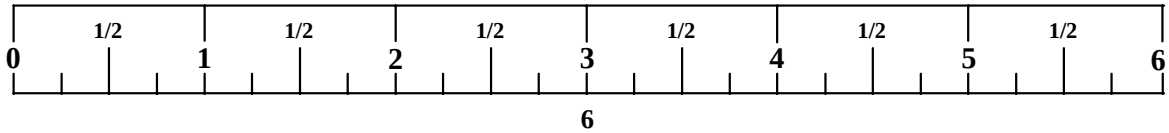



**FIGURE 2**

**STEP 2:**

- Slide two 2” COVER CAPS (4) over the FRONT LEG (1) as shown in FIGURE 2
- **SECURELY** assemble the FRONT LEG (1) to the 220 Gym System using two 3/8 X 4” BOLTS (10), one previously removed 3/8” WASHER, three 3/8” WASHERS (6), one previously removed 3/8” LOCK NUT and one 3/8” LOCK NUT (7) as shown in FIGURE 2.



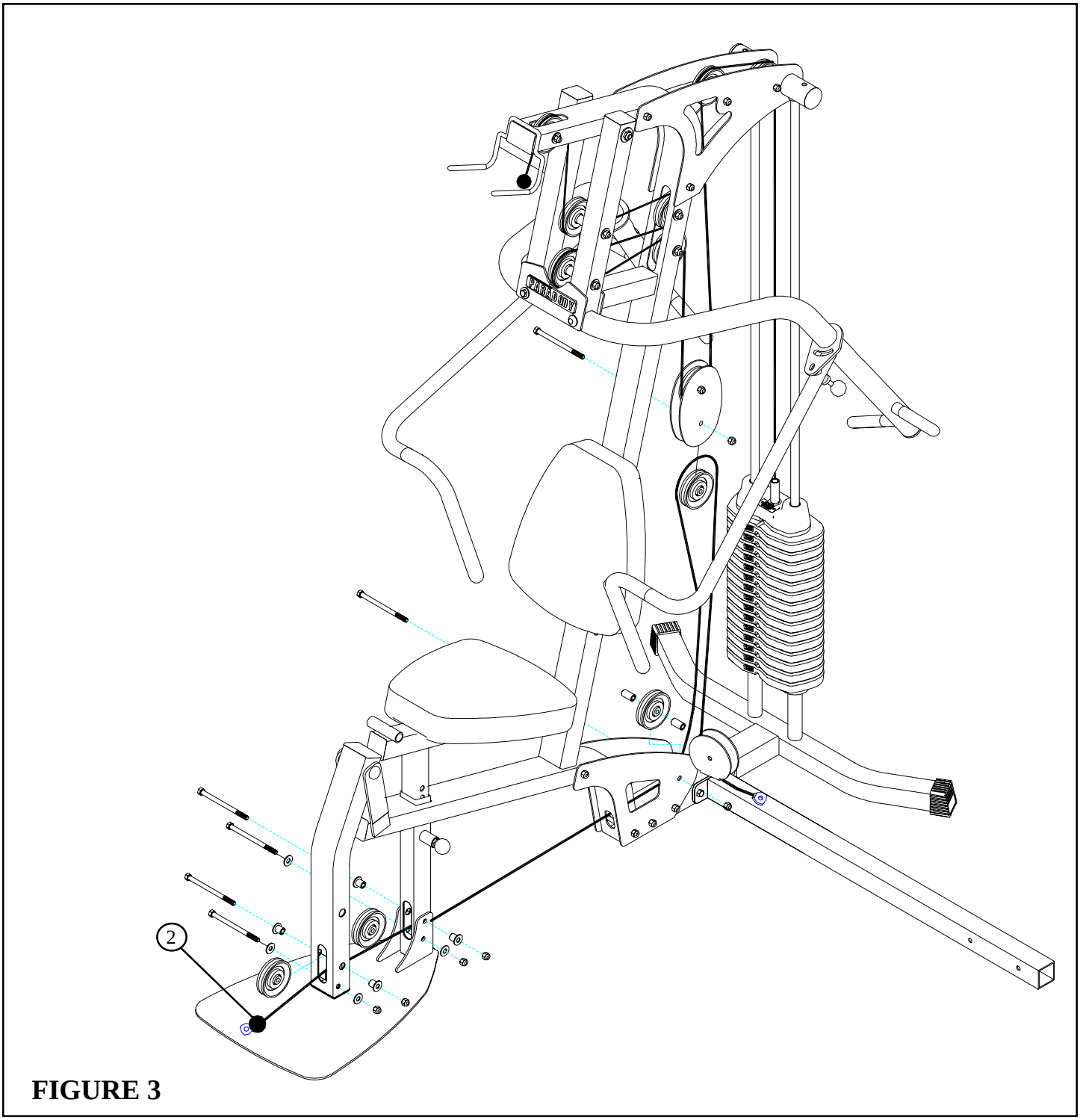



**FIGURE 3**

**STEP 3:**

- Assemble the new LEG CABLE (2) using the previously removed bolts as shown in FIGURE 3. **(NOTE: Make sure the LEG CABLE is running in the grooves of all pulleys and above the retaining bolts.)**

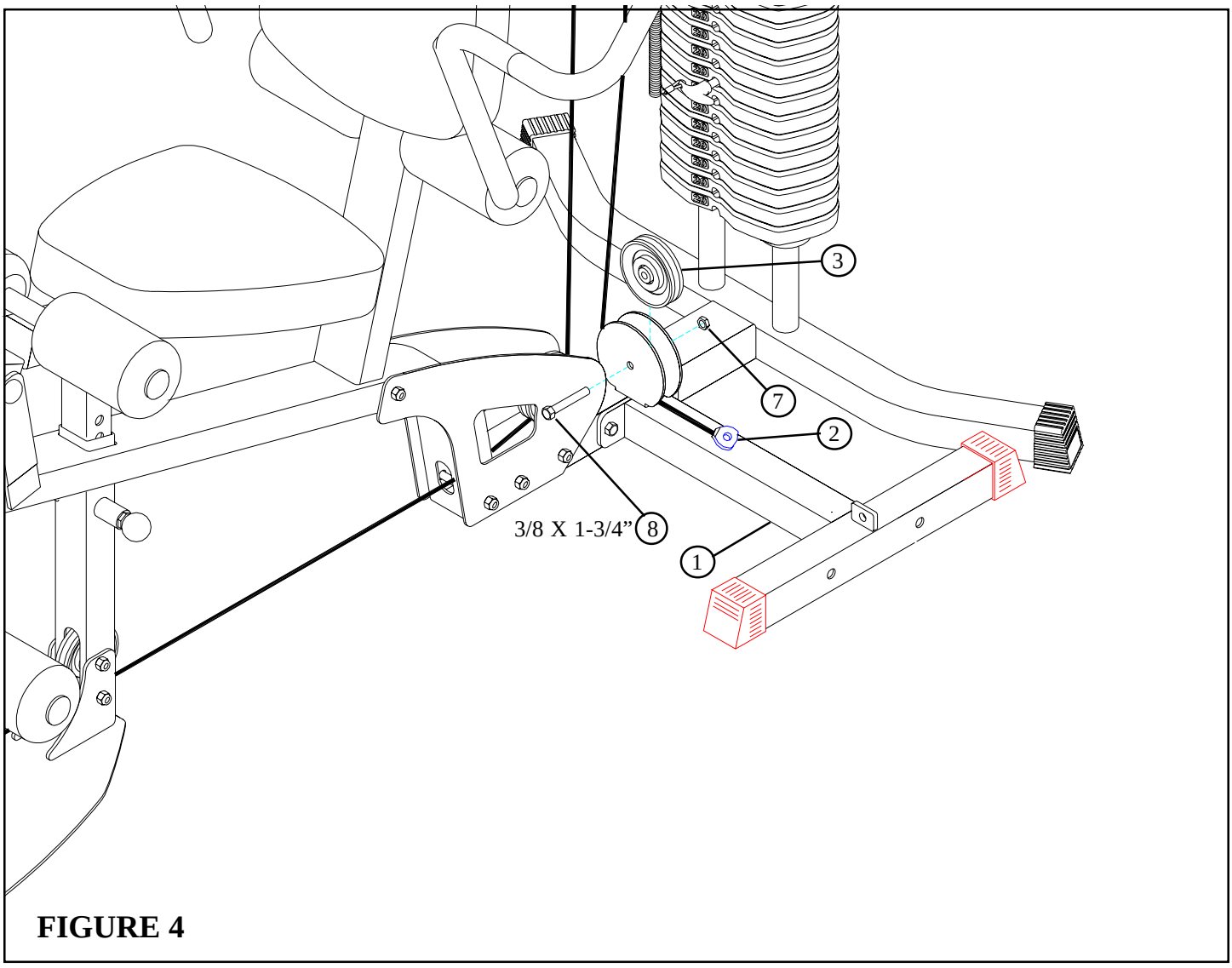
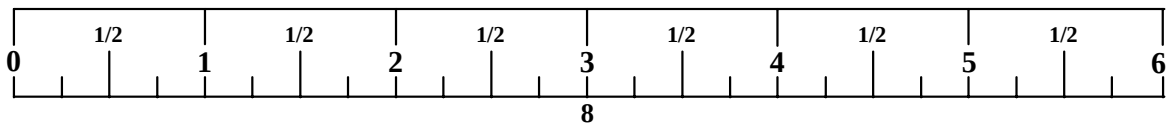



**FIGURE 4**

**STEP 4:**

- **SECURELY** assemble one 3-1/2” PULLEY (3) to the FRONT LEG (1) using one 3/8 X 1-3/4” BOLT (8) and one 3/8” LOCK NUT (7). See FIGURE 4.



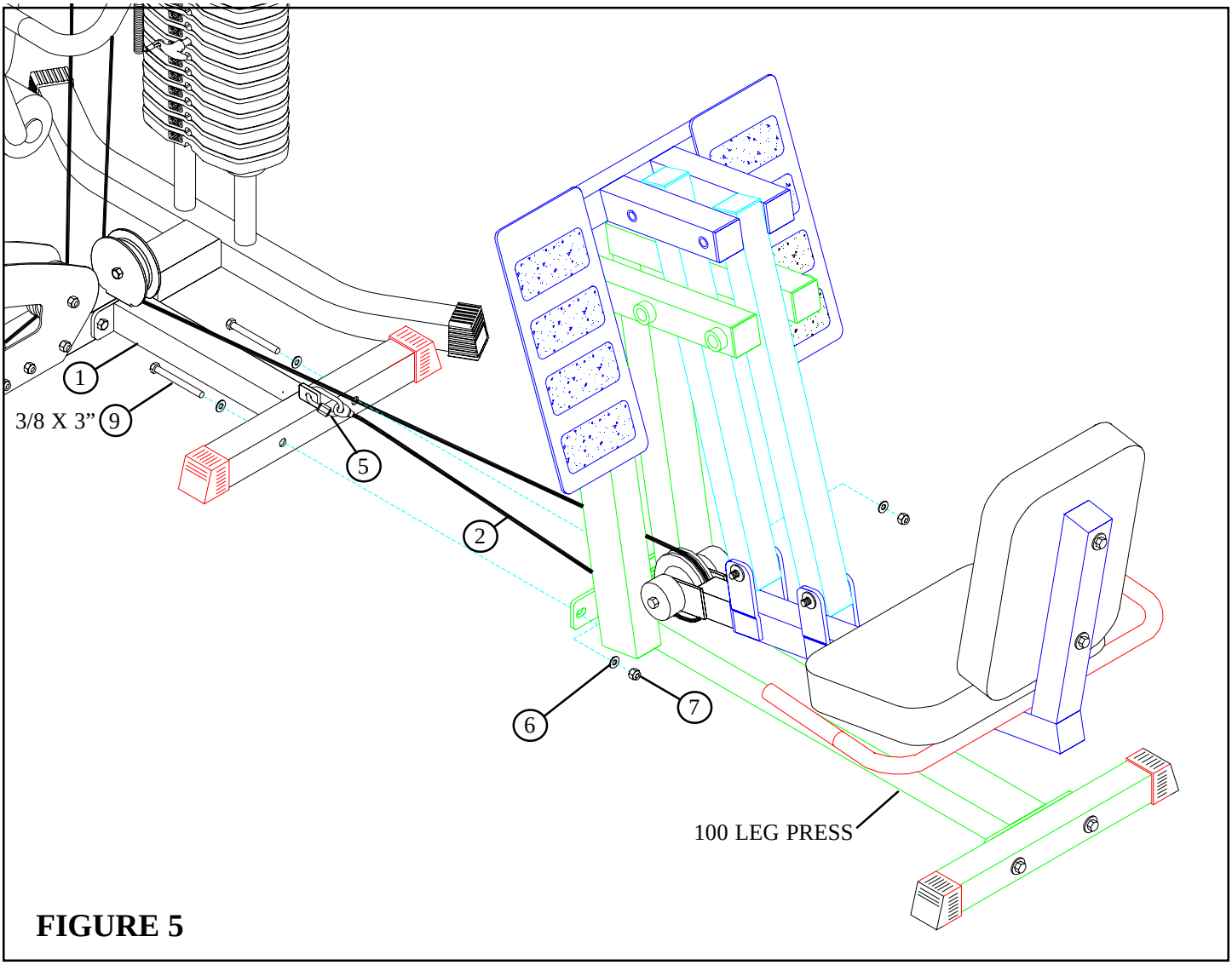



**FIGURE 5**

**STEP 5:**

- **SECURELY** attach the 100 LEG PRESS to the FRONT LEG (1) using two 3/8” X 3” BOLTS (9), four 3/8” WASHERS (6), and two 3/8” LOCK NUTS (7). See FIGURE 5.
- Route LEG CABLE (2) around the 3-1/2” PULLEY on the LEG PRESS as shown in FIGURE 5. (NOTE: **Pulley may need to be temporarily removed.)**
- Attach the end of the LEG CABLE (2) to the QUICK DISCONNECT LINK (5). See FIGURE 5.
- **SECURELY** tighten the QUICK DISCONNECT (5) to the tab on the FRONT LEG (1) as shown in FIGURE 5.

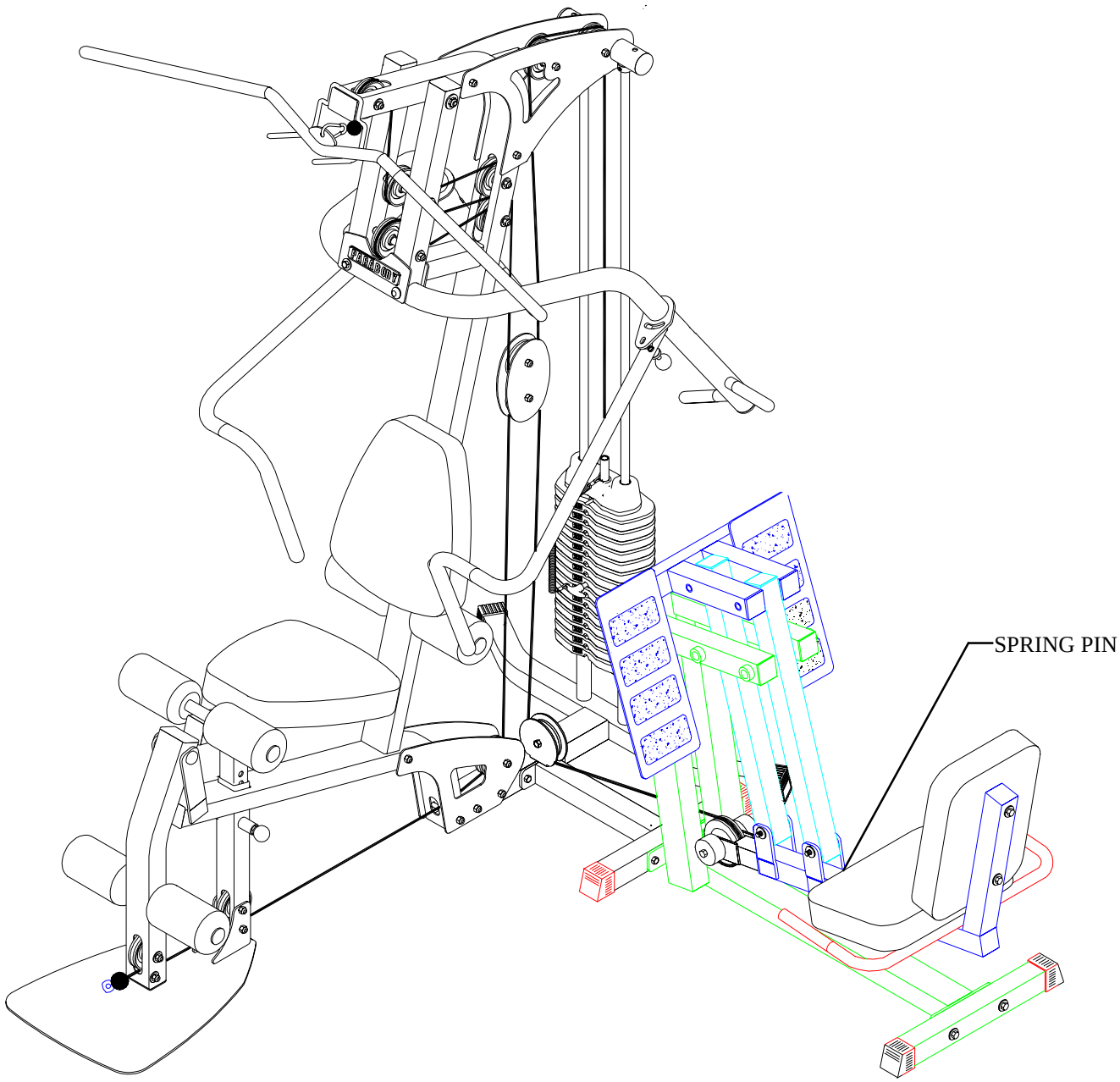



**FIGURE 6**

**STEP 6:**

- The 100 LEG PRESS is equipped with a spring pin adjustment to accommodate different sized users and allow easy entry and exit from the machine. To use, you must slightly push against the foot plates to take tension off the pin.
- Before setting the correct amount of tension in the cables, push the HEAD PLATE down, insert the WEIGHT SELECTOR PIN, and perform several repetitions at the leg press station. This will relax the cable system and prevent the HEAD PLATE from lifting up.
- If CABLE ADJUSTMENT is needed, adjust the 100 LEG PRESS into the last adjustment hole (so the LEG PRESS is spread out) and reference the 220 GYM SYSTEM assembly instructions.

## THIS CONCLUDES THE ASSEMBLY OF THE 221 LEG PRESS ADAPTER KIT

**Thank you for purchasing the Parabody 221 Leg Press Adapter Kit. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.**

# MAINTENANCE

**Please note:**

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

**MODEL #_____**

**SERIAL #_____**

**DATE OF PURCHASE: _____**

**DEALERS NAME: _____**

**DEALERS PHONE #_____**

## Thank you for purchasing the Parabody 221 Leg Press Adapter Kit.

# LIMITED WARRANTY

ParaBody extends the following LIMITED WARRANTY to the original owner of the ParaBody products. The Warranty terms apply to IN HOME USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the ParaBody product or a weld should crack or break, it will be repaired or replaced by ParaBody. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, ParaBody will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: Lifetime – for so long as the Customer owns the ParaBody product.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, Parabody will repair or replace them, at its option. Terms: Three (3) years.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized ParaBody Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of ParaBody will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of ParaBody), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. ParaBody will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your ParaBody product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

# NOTES:

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